

## COMBATING THE EFFECTS OF ISOLATION.



Tips for combating anxiety, stress and the effects of isolation.

Isolation means staying at home when you have a symptom of COVID-19 and/or it is possible that you have been exposed to the virus. By avoiding contact with other people, you help prevent the spread of disease to others in your home and your community, however, staying at home for extended periods of time can cause stress and anxiety. Here are a few ways that you can ease the challenge and make your life a little easier during this time.

### PHYSICAL

- ✓ Open your windows to get some fresh air. Pollution and greenhouse gas emissions have fallen in response to social isolation.
- ✓ Eat healthy, whole foods and healthy snacks including fruits and vegetables. Be sure to wash fruits and vegetables thoroughly.
- ✓ Drink lots of water – keeping water close by is helpful to remind you to hydrate often.
- ✓ Be sure to incorporate stretches and standing into your work schedule so that your body gets a break from sitting.
- ✓ Maintaining exercise schedules can be difficult as we practice social distancing and some establishments will be closed – seek out free apps or follow a work-out video online.
- ✓ Maintain your sleep schedule and routine; continue to aim for 7-8 hours of sleep.

### EMOTIONAL

- ✓ Use meditation techniques to help settle your mind when needed.
- ✓ Take a few moments each day to perform some deep breathing techniques. Long, slow breaths can help dampen nerve activity that governs your blood pressure.
- ✓ Limit the time you spend reading the news – it is easy to get overwhelmed and inundated with the information that is so easily available, but limiting exposure could help keep things in perspective.
- ✓ Maintain positivity by seeking out positive news sources. Reading positive news from around the world has uplifted and inspired millions to become more optimistic.

### SOCIAL & COMMUNITY

- ✓ Ensure frequent check-ins with your co-workers to encourage the feelings of being social.
- ✓ Consider finding information about what you can do to help others in need during this time; this can allow for a sense of community and control at a time when those feelings might be rare.
- ✓ Engage with social media thoughtfully – it can be a gateway to a lot of information, some of which may not be accurate, and may also expose you to news you may not wish to see as you scroll. Reach out to your patients to reassure them that you are there and looking forward to seeing them again as soon as you can.
- ✓ Use this time to organize your practice and plan ahead. Think about what you could have done differently if you had the time.

The HOYA logo is displayed in white, bold, sans-serif capital letters on a solid blue rectangular background.